

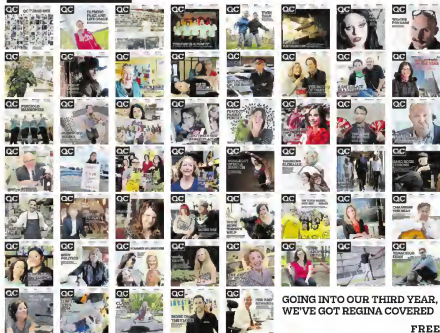


IN THE CITY:
Wascana Lake is a top-notch race course, says competitive cancer **P.7**

CITY FACES:
Brownlie achieves her goal, earns 71 badges in one year **P.8**

SHARP EATS:
Celebrate the harvest season at Market Under the Stars **P.30**

QC TURNS TWO



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IN 2013**



Sherwood
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INDEX

HAPPY BIRTHDAY!

On Sept. 16, we celebrated QC's second birthday.

For the past two years, we have been growing along with the buzzing city. Through well-crafted features and stunning photography we've told the community's stories. Our goal with this publication is to connect people with others and with what's happening in the Queen City.

We have the privilege of sharing content with Regina's art star, celebration den the Star Phoenix. They allowed us to share stories from Saskatchewan and relate it to your life in Regina.

The creative minds at both publications have been brainstorming new ideas for reader features. We're rolling these out in the coming months and look forward to your reaction. We're excited about the future both for QC and for this spectacular city we call home.

This publication would not exist without you, our readers. Thank you for reading. Thank you for your comments, critiques and suggestions. If you have an idea for a future story in QC, we always want to hear from you.

Email adp@leaderpost.com. Join the conversation on Facebook and Twitter @QCRegina.



Jenn Sharp
Associate Editor

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MY FAVOURITE PLACE P. 7



Christopher Lapierre trains on Moose Lake, his favourite place in Regina, as part of his fitness routine.

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1964 Park St. Regina, Sask. S4N 3G4.

Rob McLaughlin is editor in chief. For advertising inquiries, contact 381-6226; editorial 1-855-688-6657; home delivery 381-6202. Hours of operation are Monday to Friday 8:30 a.m. to 6:30 p.m.

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SPACES

Do you know of an amazing space in Regina? Tell us about it!
Email QC@leaderpost.com.

REGINA'S BEST SPACES

Senior still gardening in downsized home

By Ashley Martin

WHO? Karlu Gatzfeld

WHAT? The front yard garden of her east Regina condo

WHEN? Gatzfeld moved here five years ago from Regina's Hillside neighbourhood where she lived for 52 years with her husband. She was an avid gardener with elaborate ponds, flower beds, rock paths and a garden in her yard.

After her husband died in 2006, she downsized and moved from their home. She knew she wanted to keep up her garden, even if on a much smaller scale.

HOW? It was a real adjustment when it came time, but I decided I would make the best of it," said Gatzfeld.

Because she was accustomed to having free rein to plant, the condo complex took some getting used to. She had to request permission to plant anything.

"It was tough. I broke the rules a few times."

Her small backyard belongs to her 90-pound dog Nelson, so Gatzfeld's garden is located in the front of her home.

She keeps her garden pretty simple, sticking to Zone 2 plants, most of them annuals because they're more colourful and vibrant in the small space.

She also has a fair amount of shade plants, which she says provide a little considering the shadow of her attached garage.

Decorations accentuate the "rusty" aesthetic.

"There is still a fair amount of grass in the yard, not by choice. I think grass is a waste of water," said Gatzfeld. If she had her way, everything would be flow-ers and rock paths.

Gatzfeld is "okay about rocks. She had several rock gardens at her old house and brought a few of her European stones with her when she moved. She also brought terra slips from her old garden.



QC PHOTOS BY DON HEALY

SPACES



A third sentimental aspect of the garden is the bench, where her daughters bought, in 2006, after Gracifield's husband died.

It's here that she sits in the mornings, enjoying the small water feature on her stoop. It doesn't compare to the fountains and ponds she once had, but it's enjoyable nonetheless.

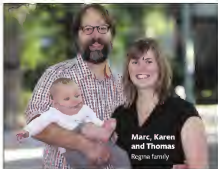
WHY? Gardening on any scale is important for Gracifield. She says gardening is in her genes.

"A lot of seniors live here and they walk by and if I can give them advice, really that's my passion. Gardening is my passion."

"She has even inspired some of her neighbours to get going." "Everybody has a few extra pots, sitting around."

In spite of mobility issues due to spinal stenosis, Gracifield keeps working at her hobby.

"I love it. And I will do it until my condition doesn't allow it anymore."



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and Thomas
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IN THE CITY

SUNDAY, SEPTEMBER 15, 2013 — 3:51 P.M.

Under cover



Gail Schirah previews the Cathedral Neighbourhood Centre for the bi-weekly Sunday in iMarket. She stacked fruit and snacks, built tables for performances and handed out art kits to kids. QC PHOTO BY MICHAEL BELL

YOUR FAVOURITE PLACE

Where do you like to spend time in Regina? Email qc@leaderpost.com

MY FAVOURITE PLACE

Wascana Lake: There's no place like home

By Ashley Martin

Christopher Laplante has been a paddler with the Wascana Rowing Canoe Club for almost 18 years. When his family moved to Regina from B.C., his parents got him into several rowing and kayaking day camps. Laplante is still in love with the sport.

"It was just kind of the love for the water, the love for the lake, that kind of grew into the love of the sport," said the University of Regina kinesiology student, who spent the summer training for national championships and the Canada Games.

Laplante has competed nationally and internationally but his home lake remains one of the best training grounds he's come across.

Q How does Wascana Lake compare to other bodies of water?

A People really like Wascana Lake as the dirty kind of grass, green, swampy lake, but there's really a lot more to it. We have probably one of the best race courses in Canada. I'll even go as far as saying North America, just with the care and the maintenance that's put into our runway and our race course.

Comparing it to the Montreal Basin, which is where the Olympics were held, is kind of difficult because that was designed specifically for canoe slalom and other water sports, but for (Wascana) being in the middle of the city it's one of the best I've probably ever been to.

Q What do you like about paddling on Wascana?

A Part of all being close to home. My house is only a few minutes away so it's kind of nice in that regard. There's always lots of people that you see that you know walking around the lake. For the most part it's become my home, being there almost every day for the past 16 years, winter, rain or shine. I'm there consistently every day, summer-fall, winter, doing some kind of training whether it be weights, running, pad-



Christopher Laplante, who competes across Canada and internationally, says Wascana Lake is one of the best race courses in Canada. (QC Photo by Kevin Schaeffer)

dling, coaching, running group activities, stuff like that.

It could be the coldest day of the year it could be the hottest day of the year and there's still always someone walking around. And just from rowing around the lake, the people you meet. There's always something going on.

Q What's one of your best memories of the lake?

A Back in 2011 we hosted the national championships here and I ended up medalling at nationals and got second place in a 200-metre race. Just being able to podium at my home course was really special; so much to me and my family for sure.

One of the big things with winning that medal was having that home advantage and getting to know that wind, which way the wind crosses the lake and all that kind of stuff. It

just so happened that day it was a 48-knot crosswind and I knew where the wind would hit and how it would hit me and how I should steer and how that. I should paddle and all that, so it definitely led to my advantage for that.

Q Do you ever relax on the lake, or are you always training?

A I end up going up and down the creek a few evenings, just kind of

a relaxation, paddle. Some friends some days ask if I want to go out and go paddle boarding and stuff like that, being in the canoe club I kind of have the privilege for that so I'll take them out on the lake and kind of explore a little bit, taking time, go check out the islands and stuff like that. I definitely find some time after my trainings to kind of relax and enjoy the lake a little bit more than just going up and down.

CITY FACES

GIRL GUIDES OF CANADA

Woodcock is queen of the Brownie badges

By Ashley Martin

Sitting at the family's dining room table, Ashley Woodcock points out and explains the fruits of her labour: colourful little circles worn onto two brown awnings.

Each represents a bit of time, energy and skills she learned in Brownies, the second branch of Girl Guides, which promotes skills, community service and self-confidence in girls.

During her one year in Brownies, Ashley accomplished a rare feat, earning all of the 77 available badges.

When Ashley, now eight, joined Brownies last September, she quickly decided to pursue all her badges, even though, because of her age, she only had one year to get them instead of the usual two.

"She did a few in October and then did some more in November and then decided she wanted to do them all. We looked at each other and went, 'Oh, OK, how many are in here?'" says mom Anne.

For the Girl badge, she made supper, loans and a cinnamon roll dessert that got daily approval.

Taking care of the family's cat, Sophie, earned her the Pet badge.

She saved money to buy an ammonia, which resulted in two badges — one for saving money and the other for winter fun.

Her favourite badge, and the hardest to get, was the Tell It badge. She had to give a short speech, her subject of choice was saving the Monarch butterflies.

"She wants to be a lepidopterist when she grows up, and then butterflies because they look pretty and I want to fly but I'm afraid of heights."

The Monarch butterflies winter in Mexico, where they're dying less due to deforestation and pesticides used by farmers there. And here, their journey had some — mildew — in being delayed "because people drink it as a weed or a salad but not both," says Ashley.

Earning 77 badges is no small feat.

"It definitely did not happen by accident," says Ashley. She then annals her stellar record. "I thought it would be cool to get most of the badge but instead I got all of them, so it's kind of an academic kind of."

"I worked a lot."

Mom, Anne, Ashley's "Brown Owl" Brownie leader says Ashley was dedicated the entire year. She worked during meetings and

at home to earn all the badges.

"This is a whole year process she continued right from the minute she started, right to the end," says Green.

"I think she has achieved something that probably doesn't happen too often," adds Anne Greenowksi, a 20-year leader in Guides and the public relations adviser of Girl Guides of Canada (Ganawakwaw Council).

Greenowksi met the Green and Ashley's parents, Merry and Jason Woodcock, for helping the child with the "pretty awesome" achievement.

A leader typically divides the Brownie program into two years and the groups work on the units together during their weekly meetings.

Green put in extra time doing badge testing to help Ashley reach her goal. And Ashley did a lot of independent work at home, with the help of her parents. One month, she completed 28 badges. It took Green an hour to count them.

No doubt earning all of the badges is an achievement, but her parents are especially proud that she did so while dealing with ADHD and dyslexia.

"With ADHD, especially kids but adults too, have a very hard time planning anything," says Merry. "She was a huge part of the planning process."

For her birthday badge, she planned a birthday party for herself, her birthday party, what else she was going to have, the decorations, what friends she was bringing over, music or anything.

She received the Cooke All-Star badge for selling the most Girl Guide cookies in her troupe of 30 girls — 20 cases of 12. Though her mom sold a few cases at work, Ashley went door-to-door to sell 30 cases herself.

She was rewarded with a 7th Chapter gait, which she plans to spend on some books from her favourite series, Judy Moody.

Ashley plans on collecting all her badges over the next three years in Guides too, which she started this month. She is excited "to meet new friends and to learn lots and lots more stuff."

Her sister Daniela started Sparks this year and is inspired by her big sister. "I want to get all my badges," says Daniela.

Girl Guides is looking for volunteer leaders. If you're interested, call 306-767-4188, email volunteer@guides.ca or visit the office at 280-15th Broadway Ave.



Eight-year-old Ashley Woodcock earned all 77 Brownie badges in one year. (COURTESY: NEW FLAME)

NEXT WEEK: Do you feel like your identity is tied to being a parent? Email QC@leaderpost.com

® PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

What iPhone/iPad/video/computer games do your kids love?

"Clash of Clans (iPad)" — Michelle Richard

"The Nintendo DS is the favourite right now. Mario Bros. in particular. Unfortunately since our internet is on the computer, hasn't been hooked up and Nintendo videos are always a bit so the kids have figured out how to connect through the TV." — Carla Contreas

"Talking Teddy on iPad and iPhone. The kids can talk into the phone and the teddy bear repeats it. My three-year-old likes it a lot." — Denise Hausenloidi

"Miss Spider (Xbox). A story series, some puzzles and jumping all over the screen and you just press out the spider when you finish. Almost all year-olds can play with this for an hour." — Bonnie Beeley

"My four-year-old loves anything by the app maker, Star Line. They're really neat apps because all the kids look to do about things. Like hair shopping, like jewelry and cooking but also teaches concepts like sorting. They also love apps for Duck Duck Moose that sing kids songs while the kids interact with aspects of the song." — Michelle Goodrich

"My child is really young for iPhones/iPads so when she will be a bit older I will make sure she's active enough and a decent amount of sport or anything that will help her to learn new things. I don't think that's a problem but I think kids should be more socially active and not just 'cloned off' in their rooms and playing games." — Anna Petric

"Microsoft. All day. All night. Sitting in graphics on a high-def screen." — Nikole Mc Laughter

"Microsoft. Obsessive at our house!" — Sarah Cooke, via Twitter

"Grand Theft Auto." — Owen Wade Sweeney, via Facebook

"My four-year-old son loves Microsoft. He plays on the computer his iPhone and on the Xbox. He is able to play with his cousins and converse with them and his friends as well. We thought a game my oldest brother used to play ages ago would become an popular activity kids." — Janet Davis, Flanagan via Facebook



"On our Samsung Galaxy my kids' favourite games are the various Angry Birds versions, as well as some Disney and LucasArts games, probably because they are colorful, have fun sounds and characters/themes they recognize. We also use the tablet for coloring as there are times when it is more convenient on the go to pull out versus printers and a coloring book. In addition, my son really enjoys Legos and the PBS, especially when I am here. I enjoy the Lego Harry Potter the most as I find that it solves a matching problem solving to make it levels. On a day-to-day or so the child will also get spaces such as TV. So parents for both my four-year-old and two-year-olds they are played both Move controllers and require a moderate level of physical activity and coordination. At five, four and three years ago I was not so open to my kids playing electronic games, however it is a far different world than I grew up in and kids these days need to understand the technology as a young age or they will end up behind their peers. That being said, I still take every responsibility to have my children simply play and use their imagination and over the years there were many days of my limited technology for all of us!" — Jody Anderson

Europe's Beauty Secret

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Collagen is the key. Molecular biologists have pinpointed the key structural protein for creating smooth skin, thick strong hair, and strong nails. It's your body's beauty protein, collagen. During youth, you have a rich abundance of collagen. In addition, the collagen forms itself in a resilient "tight mesh" matrix. This "mesh" collagen condition prevents wrinkles from forming, gives skin elasticity, helps create thick beautiful hair and strong nails. But over the years, collagen diminishes.

Starting at age 21, collagen diminishes by 1% per year. By age 30, signs of reduced collagen on skin, hair and nails become visible, not to mention the increased risk of fracture for bones.

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FASHION

SASKATCHEWAN FASHION

Josephine Mensah: Looking stylish on a budget

By Angelina Irinilo

Everyone of Josephine Mensah's outfit has a story. It all came to—either by chance, and for a very reasonable price. Most pieces of the outfit were purchased for under \$10.

"Price dictates what I buy. I will admit that. But, sometimes I like it so much or it's such a unique piece I'm willing to splash a little bit," she explains.

A few years ago she spotted the dress, which was on sale for around \$10 while waiting for a friend at the mall. She was instantly drawn to the colour, style and the fit. The ruffles—which cost just a few dollars—sprung out at her in a packed thrift store in Montreal she loved them but didn't wear them at first because she didn't think she had anything they'd match.

"But then I thought, 'Hey, that dress might be an OK match.' It was an exact match. I thought 'What are the chances?' she says. "It's like style seems easy."

The shoes, sunglasses and watch were tops on the list. Mensah who works at the YMCA went to the organization's Opportunity Shop, which is full of donated clothing. During a lunch break she found the shoes for around \$5. She debated it them for the QC fashion shoot.

She had been searching for cat-eye sunglasses and found the perfect pair while traveling in Montreal for \$10. Also on the Montreal trip she purchased the Anne Klein watch. She spotted it first in the Toronto airport while waiting a connecting flight to Montreal. Mensah decided she'd buy the watch on the way home, but when she saw it in a department store in Montreal, she knew it was meant to be.

Mensah is originally from Ghana, but grew up in Nigeria, then moved around before settling in Saskatchewan. She travels often and likes to shop while in different cities to bring back mementos of her experiences.

"The places I like to shop are not always the touristy places but more where the locals go," she explains of a recent trip to Yellowknife where she bought a few pieces at a vintage store.

The 25-year-old recently started a lifestyle blog called Style by Lady. It explores fashion, food, beauty and art interest. She says that it was important to include a section called "inner beauty" to balance the style and fashion aspects of her blog.

"[The section] is about body image and things like that and celebrating different sizes as well," she explains. "Style is not one-dimensional. It's multi-dimensional and one person can have so many different styles."

Her love of fashion inspired the blog and she wears style as something more than just everyday clothing.

Lots of people think I have to wear clothes to function. I just have to get dressed in the morning. But I think style is really an expression of personality and it shows the little things that I care about."

"She encourages people to 'wear exactly what you want to wear'."

Mensah used to worry that she was over-dressed for work. She decided instead of feeling guilty about what she's wearing, she would feel happy because that's when she feels the best.

She says her budget outfit she wore for this shoot makes her feel colourful and feminine.

That feeling is a lot stronger than any price point." Mensah says to check out Mensah's blog go to: www.stylebylady.blogspot.ca

What's the best deal you've found at an end-of-summer sale?
Email QC@leaderpost.com

Outfit:

1. SUNGLASSES: Urban

Outfits: "I'll never looking for cat eye sunglasses because that's the only style that really fits my face. I think."

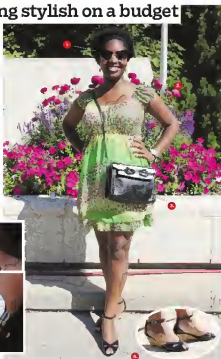
2. DRESS: Sears. "Every summer it's a go-to dress."

3. PURSE: Spinn.

4. SANDALS: Victoria Store. Six B in Montreal. "I thought they were pretty and I don't have a lot of green things."

5. WATCH: Anne Klein from Montreal.

6. SHOES: Opportunity Shop. "They go with everything. I like versatile a lot."



Each piece from Josephine Mensah's outfit here at style by lady in QC HERE IN MIDLANDS

INVENTORY

We want to hear from you: Tell us about your local business.
Email qc@leaderpost.com

PRAIRIE AQUATICS AND EXOTICS INC.

Prairie Aquatics and Exotics opened last fall to offer pets and accessories to those interested in something a little different than your average dog and cat.

The shop at 942 Park St. sells fresh-water and salt-water fish, aquariums and accessories, as well as many varieties of lizards, snakes, chameleons, turtles, tarantulas and more. The store also offers aquarium setup and maintenance programs, as well as custom-built aquariums.

QC PHOTOS
BY DOREENALY

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WATCH FOR IT IN
INSIDE GREEN
SEPTEMBER 19TH

Mosaic

ON THE COVER

You will never hear any popping or cracking of joints. The adjustment is done with one finger. — Sheila Bennett

#PEDIATRIC CHIROPRACTICS

Sask. sees upswing of chiropractics on infants



Sheila Bennett is a chiropractor who works on babies and children with ailments ranging from rheumatoid arthritis to colic, sleeping problems and sleep disorders. GC PHOTO BY CHRIS WATKINS/LEADERPOST

By Kevin Mens

Sheila Bennett turns five-month-old Charity Kerpen's head from left to right and back again.

She's testing the baby's range of motion.

"I was parents the first time I do that," says Bennett, a chiropractor in Saskatoon. Some parents might cringe watching their infant's head turn so much, but as Charity's mother Suzanne Kerpen says, "She likes me very flexible!"

But wait. Aren't chiropractors for

older adults with creaky joints and brittle bones? What's the infant tag of the chiropractor?

The Saskatchewan government subsidized 5,597 chiropractic treatments for children under six in 2010.

More recent numbers are unavail-

able because the province stopped subsidizing most chiropractic care in 2010, but it's not uncommon to find children lying on chiropractic beds throughout the province.

About 50 per cent of Bennett's patients are families, she says, and about half of those patients are chil-

dren. She guesses of those children, a slight majority are infants and toddlers.

Charity is nine. She giggles as Bennett rotates her head. The mother first took Charity to the chiropractor when she was just one day old.

Continued on Page 16

LEADER-POST
FOUNDATION

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Regina, SK—Social Work—
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The Leader-Post Foundation is pleased to announce the post-secondary students who have been awarded \$5 000 bursaries for 2013.

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Recipients are chosen on the basis of demonstrated financial need, awards and achievements, community and school involvement and acceptance at a recognized post-secondary institution.

LEADER-POST
FOUNDATION*Supporting Community and Education***Bursary applications can be obtained any time after January 1, 2014 at:**Leader-Post, 1964 Park Street, Regina, SK S4P 3G4. Email: fpbf@leaderpost.com

I don't treat the same conditions as a medical doctor, (but) I can recognize when conditions are serious enough to go to a medical doctor — Burnett

Summer season by it. Treatment has helped her recover from several car accidents she says.

She trusts Burnett with Charity. The mother is more focused on her two-year-old daughter Sierra, who's waiting for her turn on the chiropractor's bed.

Burnett will see six children under the age of four in just over an hour on this particular Saturday.

"When my child comes in, I'm assessing normal range of motion and normal reflex patterns," Bonnett says. "You will never hear my popping or cracking of joints. The adjustment is done with one finger."

Regina chiropractor Sierra, 10, checks estimates about 10 per cent of her patients are children. He says he's noticed a gradual upping of young patients over the last few years.

Chiropractors are very good when treating adults and toddlers, he says. Despite some chiropractic adjustments are dangerous because they make no distinction between a chiropractor adjusting a child and a chiropractor adjusting an adult.

"People perceive adjusting a 40-year-old truck driver with chronic low back pain the same as adjusting a little kid with failure to latch during breastfeeding or who is having trouble taking a bowel movement. You don't use your hands much force," Bacharach says.

IS IT SAFE?

Burnett finds some muscular tension in Sierra's lower back. The two-year-old has a hiccup. Her parents put bought her a transplane.

The nurse Summer of Sierra puts a fever or rash, the child should visit her family doctor.

"Keep your eye on it," Burnett says to Summer as Sierra goes down from the bed. It's Sierra's mom's turn.

Summer first lies on her stomach as Burnett moves her ankles up and down. She breathes deep as Burnett adjusts her spine. She relaxes to her back then to her side.

Burnett pushes two hands down hard on Summer's hip. Summer is relaxed.

A number of medical professionals agree evidence is lacking showing the benefit of chiropractic treat-



Young children are difficult because the parent can't explain what is bothering her or her. Much of the assessment is observational. QC over an entire season.

ment. Others argue the practice is too dangerous.

In 2009, 39-year-old Laurie Jean Matheson died three days after suffering a stroke in a Saskatoon chiropractor's table. An inquest into the death revealed the adjustment, but likely punctured an artery, and the jury called for more research into the relation between neck manipulations and stroke.

Several lawsuits against chiropractors followed Matheson's death. Patients claimed they suffered strokes triggered by neck manipulations. But a study published in the peer-reviewed Canadian Medical Association Journal in 2011 showed the risk of stroke after a neck adjustment is low.

—see ending to the study strokes occur in one out of every 50 million manipulations.

"The relative incident of stroke post-chiropractic care is actually the same as post medical care," Bonnett says.

He claims the risk of death is extremely low: "No more than walking down the street and getting struck by lightning."

Bacharach completed his Doctor of Chiropractic certificate in 1980 from Northwestern Health Sciences University in Bloomington, Minn.

Burnett completed her certificate in 2008 from Parker College in Texas. The certificate hangs in her office beside a scholastic excellence award

she received from the school.

She's now working toward a master's degree in chiropractic pediatrics from McTimoney College, based in England. She studies via correspondence from her home in Saskatoon.

The master's program will not be recognized by the Chiropractors' Association of Saskatchewan because McTimoney is not accredited by the European Council on Chiropractic Education — though the school is a candidate for accreditation.

"I wanted that information and that training. Regardless of what I get credit for it, I still have the knowledge," Bonnett says.

Bacharach, who is also registered in postgraduate studies, says he ex-

pects to earn credit for his master's degree but noted not many specialty chiropractic programs are recognized in Canada. He's hopeful that will soon change.

His postgraduate studies focus on correcting what he calls abnormal in puts and outputs of the nervous system. For example, he explains how to correct the posture of someone who slouches at a computer all day, or how to improve a patient's poor movement patterns.

He compares the corrections to fixing a golf swing, and notes it's much easier to fix abnormal movement patterns in children because the movements have yet to become strongly ingrained.

Chiropractors aren't doctors of medicine and the fact that they are called doctors is a very loose term.

—Charmaine Moldenhauer



A human spine, model in Shree Sonnet's office. (QC PHOTO BY CHRIS WILSON/STAFF)

"It would be like if you shot the gold ball. It's a lot harder to get rid of that shot after 20 or 30 years than a couple years."

Charmaine Moldenhauer, a nurse at Royal Victoria Hospital, in Saskatoon, says she would never take her two-year-old son to a chiropractor.

"Kids are malleable. Their bones are soft. They are easy to be realigned."

Her son has trouble sleeping and her friends often recommend he get an adjustment, but she fears "the worst of the worst" will happen.

She believes many people who receive chiropractic treatment are misled by the term "doctor."

"Chiropractors aren't doctors of medicine and the fact that they are called doctors is a very loose term."

Bonnett says she doesn't claim to be a medical doctor.

"I don't treat the same conditions as a medical doctor," she says, but "I can recognize when conditions are serious enough to go to a medical doctor."

TREATMENT EASES THE PAIN

Following her adjustments of Charity Sonnet and Summer, Bonnett dashes over to another room at the clinic. Kim Szmachewski, a 15-month-old daughter of Hanna at Bonnett's next patient.

Hanna is crying. She often cries during the first five minutes of an adjustment — though her mother says Bonnett always was Hanna over near the end of the appointment.

Kim's two-year-old daughter, Abigail, was visiting Bonnett today but she's also a consistent patient at the clinic.

Abigail was diagnosed with juvenile rheumatoid arthritis when she was 13 months old.

"Looking up to the diagnosis, she was in obvious discomfort," Kim says. "Her right knee was completely swollen and permanently bent at a 90 degree angle. She wasn't walking, crawling, or weight bearing at all."

Continued on Page 16



Reform pediatric chiropractor Shree Sonnet, full length.

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- Say No to increasing the financial burden of Regina Home Buyers

Regina's Future
Investment



I do believe that keeping up with the adjustments has given (daughter Abigail's) body the ability to fully function at its prime, therefore eliminating the need for any medications. She has not had any medications for over a year now

— Kim Sternachsky



In 2009, the Saskatchewan government subsidized \$200 chiropractic treatments for children under six. Here, Shelia Bonetti works on Sara and Mike McLean's daughter, Harper, 20 months in Abbotsford, B.C.

Chiropractic treatments have greatly improved Abigail's condition, she says.

"I do believe that keeping up with the adjustments has given her body the ability to fully function at its prime, therefore eliminating the need for any medications. She has not had any medications for over a year now."

Prior to Abigail's diagnosis, the family first visited a paediatrician who referred them to a rheumatologist. Between the visit to the pediatrician and the appointment with the specialist, Kim says they visited a fellow chiropractor of Bonetti's at the Saskatchewan Clinic.

The chiropractor was the first to mention Abigail may have arthritis,

Kim says. The rheumatologist confirmed arthritis after conducting an MRI and officially diagnosed Abigail.

When treating patients who are in infants and toddlers, Bonetti says she pays close attention to milestones as they make sure the child is sitting up on their own, standing, crawling and walking at the correct age.

"Say a child isn't crawling, that can be a large red flag," she says. "Kim's daughter wasn't crawling. We kind of picked up on that here."

Each risk says, even though parents often fill her in on their child's medical history, treating children can be difficult because the patient can't explain what is bothering him or her.

"It's a lot harder to glean information from them directly. A lot of it has to be observational," he says.

"Did they move one arm smoothly than the other? Did they not turn their head quite as far one way?"

Bonetti says the same thing. "You still can tell me what's going on."

It's a lot harder to glean information from (children) directly. A lot of it has to be observational. Did they move one arm smoother than the other? Did they not turn their head quite as far one way? — Shawn Bachorick

CHIROPRACTORS TREAT PATIENTS OF ALL AGES

Bachorick works predominantly with clients who are in necker's compensation.

"By no means am I predominantly a pediatric practitioner," he says.

Chiropractors in Saskatchewan must be able to work with a wide array of patients, he says. There isn't enough demand for pediatric chiropractors in the province.

"In Saskatchewan there is not a ton of specialization," he says. "There are some practices in larger centres in the U.S. that are just strictly pediatric. The demographics don't support that here too much. You're by and large much more of a generalist here."

Bachorick agrees. She spent the first few months of her mother's program working in Australia under a chiropractor who only treats children. She loved the experience, but doesn't see herself becoming a solely pediatric chiropractor. She prefers working with families.

"I wouldn't say that I'd like to only work with infants or toddlers," she says. "Every person that comes to see me is rewarding—and I love my senior patients just as much. However, my passion is working with families. The energy that families bring with them into a treatment room is unparalleled."



Chiropractor Shari Bennett works on Summer Reardon's daughter, Sierra, who is four years old. (L) Photo by [unreadable]

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LOCAL AUTHORS: Writers tell us what makes their books worth reading

#BORIS KISHCHUK

Saskatchewan's Crown corporations

In almost every provincial election in the last 50 years, Crown corporations have been a major political issue. There is kind of the perennial action of any of the larger Crown brings on a major counter attack such as extolling the virtues of "Saskatchewan's diversity of Crown corporations."

My book on Saskatchewan's Crown corporations traces the history of the establishment of Crown in the province — from the establishment of a first insurance Crown even before Saskatchewan became a province to the recent partial privatization of the Saskatchewan Irrigation Corporation.

Many of the early economic Crown corporations that were established did not do well and many were money-losing ventures. In later years government investments in the resource industries such as forest products, aviation, oil and gas and potash proved successful, par-

ticularly when the government partnered with the private sector.



Boris Kishchuk

turning home looking for employment and the Federal government's National Policy of high tariff rates on agriculture and other equipment retarded economic development in the

province. The only major source of capital was the borrowing power of the provincial government.

In the book I traced the approaches and philosophies of Saskatchewan's premiers with respect to Crown corporations. Some of the results were predictable, but others proved to be a surprise. During my time as chair of the Saskatchewan Rate Review Panel I had the opportunity to speak to a cross section of people across the province with respect to the operation of Saskatchewan's Crown corporations. Again, many of the comments I received were unexpected. The book also looks at the sometimes detrimental relationship between the government and the Crown.

The book can be purchased in Saskatoon at McNally Robinson and Indigo in Regina. It is available at Chapters. The book sells for \$19.95.



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Sour Cherry beginnings

By Jessica Miles

L.P. Specialty Features

As the organic food ground around North America continues to often forget the remaining behind their purchase. For Dean and Sylvia Kroutzer of Over the Hill Orchards there's not a tree but a way of life, one they are proud of. As one of the first sour cherry producers in Saskatchewan, the importance of quality becomes increasingly important.

"We found the fruit quality of these cherries extremely high compared to other sour cherries on the market. They were developed here in the province through the U of S in Saskatoon, so they're hardy. We can also see growing them much at the time we started and they're fairly new to grow organically," said Dean. "We are certified Organic, so we don't have to do a lot of sprays or anything like that on them. That's just part of what being organic is."

According to the Resource Fairness certified organic has a fair share of rules, everything from not using pesticides to water management, to being environmentally conscious and not using synthetic fertilizers in a controlled. There is a huge handbook that each producer must follow.

"We don't do a lot of anything; we try to be somewhat responsible. We do get inspected every year, it's just not just saying we're organic," he said.

Pesticides are studied for safety and they may, at low levels, not do any harmful things

to humans but to the bees that are their pollinating strength, especially after a recent loss pollen study in the studies recently released, researchers found that at some of the pollen the bees are feeding on contained 25 different pesticides. What worries Dean Kroutzer is that it doesn't mean anyone has studied the number of 25 different pesticides.

"I really don't know if they are tested in terms of if everything we are able to do a small degree of pesticides residue on it, how careful or documented to business, and the environmental part. I honestly want to take the safe route, and do things that make common sense. If I don't have to spray something, then I don't. It's a little more manual labour to weed by hand or put herbicides labour around my trees instead of spraying but I prefer that. I think we have an advantage applicable that is well. All of growers see a bug and they get out their sprayer, they don't think about how it's doing any damage," he continued. "If you have a gun in your house, even if you look at every and separate the bullets from the gun, there's always that little possibility that the kids can go in there and have an accident with it. If you don't have a gun in this house, there's never a chance that somebody is going to get shot. With me, (as a personal decision) I feel really good at night knowing that I am doing everything I can to make my products as safe as possible. There's no chance of spray because I don't spray."

Over the Hill Orchards

Samuelson are not purely cherry growers, they are actually home to 24 different kinds of fruit. In Saskatchewan the cherries are their most popular item, but since they began selling outside of the province they have seen some competition. The dynamic duo has even started growing peaches, which are not considered to be able to grow in Saskatchewan at all.

"It is a little different climate in it, and you have the advantage of health. You have the tree bigger, bigger, when you can't have. And a lot because you are using fresh fruit



and then you have the extreme on the other side where everything is less to matter what chemicals or environmental impact it does. I am not the extreme one but I am very conscious about being organic," he concluded. "All of our products are organic. We make cherry jam, but we can't tell if jam because we have to make it with a very low amount of sugar. The Canadian Food Inspection Agency told us that we cannot call our jam, jam because you need 50% sugar to call it jam. We only have about half that, so we call it spread. The same thing happens with our jam. We make a jamming with whole cherries in it, but we can't call it jam because it doesn't have enough sugar. So we make spread and jamming and the cherry juice and then chocolate covered cherries which we served the farmers in 2013."

Not only are all Over the Hill products delicious and low in sugar but they are also gluten-free and all fair company, so people with celiac disease can enjoy it, as well as most of the population.

Where can people buy the products? They can be found at all of the organic stores in Regina, Farmers' Market, the Orchard Trail (Fri, Sat, Sun) and several seasonal markets in similar places.

Tourists can take orchard tours in which they are shown how the cherries are picked, frozen and processed. Visitors also get to select the entire process from seed to product. Each tour takes about an hour or an hour and a half depending on the amount of questions asked. They take place Saturdays and Sundays at 1 p.m.

For more information visit www.OvertheHillOrchards.ca. Follow them on twitter or like the Over the Hill Facebook page.

Hotel Saskatchewan offers an array of organic options

L.P. Specialty Products

Chief Milton Rabele of the Hotel Saskatchewan has always been dedicated to supporting local growers.

"I got a lot to do in this area, we have, and my family is involved. Farmers and fishermen. My grandfather had a lot of land, and we grow everything on our house. There's where I was fortunate enough to learn the value of good quality food," said Rabele. "Even at home here, my wife shares the same passion as I do. She is a cook as well. These local food items we learn how they really grow the organic route, we know the insects on everything that is sold. We grow so many of our own plants, and the children of the family like to go out and pick their own snacks."

Upon being hired at the Hotel Saskatchewan, the award winning chef was able to implement his values and ethics of children into the hotel's menu. "Winters can be hard, so they are becoming very difficult to have such great relationships with a variety of farmers."

"You don't have to tell me or so things to make it a good meal. A lot of things, it really came on its own, it speaks for itself," he continued. "My cooks keep taking their things coming from the farmer's market, which is where we get the majority of our food in the summer months. We are very fortunate to have such great relationships with a variety of farmers." At the end of the day, we connect with the farmer's and tell them what we're looking for. We would like to have more summer. We go through what all food, but some of the stuff can be a little longer."

Breakfast selections offer a choice of the locally sourced butter or in some options, local plates include eggs, salads, sandwiches and portions of meat or cheese. Other restaurant services include, omakase, pastas and desserts carefully presented dishes.

"We work with a local supplier who tells us what to fresh, and he will only send us what is locally grown. I really can support our local food," he concluded. "We also have a farmer's market special every Saturday that is very popular with guests."

The Dining Room, the main restaurant at the Radisson Plaza Hotel Saskatchewan Regina is located through the main lobby. Reservations are required for the popular Sunday brunch on Saturdays till up quickly.

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Body Fuel Organics delivers fresh produce to customers doors

By The Sun Times

For LeaderPost Specialty Products

Over the years the desire to have organic foods, whether they be home grown tomatoes or delicious dry products, has grown and with that desire comes the need for people to provide said foods. Luckily there are people like Lavinia Dijk who provides the citizens of Regina, and eight surrounding areas, with organic products. Van Dijk began her business of delivering organic products in 2005 where she went through an "apprenticeship" process.

"When I first began that I had a leader who sourced from various farmers. I found a group out of B.C. who purchased from small farmers in Canada, U.S. and Mexico. Once I found them I was able to source a great supply of organic produce." The group that Dijk began work with consisted

of their farmers and supported for trade, expense, labour, and requested back into communities. Van Dijk was also inspired with the company for sending their staff to assist on the farms and help them with start-up of the operations. "These people translated into meeting their sustainable practices into the future."

From there, Van Dijk started looking locally for organic farmers. After years of experience accumulated, she found local suppliers by word of mouth and over the years discovered how to create a relationship between her customers, the farmers, and the retailer through quality food.

Van Dijk's store, "Body Fuel Organics", serves restaurants, families, and really anyone interested in starting to eat organically. They are welcome when they come to her store and are helped in finding what they are looking for. "Our organic

grocery store is open 8 days a week, plus we have week-end customers can access my store." Customers may order fresh produce "Bites" and other groceries through the website bodyfuelorganics.ca and have their selected products ready for pick-up or have it delivered. If the customer wants a delivery they can shop the entire store online for additional products, such as dairy, meat, pasta, superfoods, soups, etc. "We have the best of both worlds with our online presence for busy people and those that want to choose their own items themselves." Van Dijk said the online ordering allows her to serve rural and cow months such as Lower Mid/White City, Weyburn, Indian Head, Radville, Weyburn, and Oxbow.

Organic products hold a special place in Van Dijk's heart for many reasons. "It's easy to sustain

and keep the earth safe. It's not just organic food. We have to think about sustainability for generations to come." Van Dijk also said she has seen more and more people turning over a new leaf and looking at their health as a really crucial part of who they are. "Many people are looking for a better alternative. I believe the public is becoming more aware of the state of our earth and the food being grown on it."

Van Dijk believes people purchase organic for the superior flavor. "It's the first thing they notice. The food has that vibrant flavor."

Van Dijk is a student of the organic movement who "takes people's food seriously," to learn more about eating organically, visit Van Dijk's website or visit her store located on 1307 A Ottawa Street in the historic Boreal and Winnipeg, north of Father's Furniture between 7 and 8 Ave.



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Kamut®: the story so far

By Jessica Meale

S-P Specialty Features

The love of Kamut® began in 1945 when it was introduced by an American agronomist in Egypt. Although it is unlikely that the grain originated in Egypt, the novelty of the grain definitely did. It is now developed and marketed through Kamut International of Glen Mills, Missouri. Kamut International trades and research are leading that there are significant health benefits to eating Kamut over the more wheat. What that translates to is always demand for the grain and Saskatchewan has been one of the biggest suppliers in Europe, now producing over a million bushels a year.

"We have an organic grain company here, we're also farmers. Through our connection to the trade we met the higher ups and on a trade mission in Europe one of them approached us and asked if we could help him in supplying some of this grain because the demands were exceeding his supply," said Alex Collette of Prime Heritage Seeds. "This came to Saskatchewan and met with

other farmers and came up with a pricing strategy that is fair and equitable to everyone. We now probably have about 280 to 290 farmers growing it as Saskatchewan."

Saskatchewan is well known in the Kamut market for the premium quality the province is providing. There are so many things farmers of Kamut do, that no other grain company does. When people hear about what Kamut International is doing, the first reaction is to think it is impossible, nobody can do that. But they really do.

"The organic market the grain, you can be sure when you buy it that the vast majority of the Kamut go back to the farmers. Where we have farmers growing this, they are quite convinced that this is the best thing going. They have price stability, when we see other markets are going down and prices are dropping, Kamut offers a very stable price platform," Galusawa said proudly. "In the past, we were able to give our farmers all increasing prices on the market back to the farmer which is quite unique. If you sign

a grain growing contract with any company, you're locking in an average bushels at a certain price and that is the end of negotiations. With the Kamut contract, we have a free price, but the first price does give the farmer gets the benefit of that."

In the last couple of years, that price issue has been as much as four dollars a bushel, which is significant. As producers of organic Kamut, it offers price stability and a diversification that you don't have with other grains. When a company reaches the point in time where if they cannot supply the market, like Kamut growers here, they are doing something right.

"Our goal here at Prime Heritage Seeds, is to make sure the farmer is not short changed. On other commodities it is always the grower that has to pick up the risks. If he has frozen grain,



Kamut® wheat

he's shocked. If it rains up, it's the farmer who gets less for the grain," he commented. "With us, we share it with our food manufacturers and processors, so nobody is left holding the bag on everything. It is actually working. In the previous years we have certainly seen some farmers signing Kamut contracts."

Seeds of success

By Carol Todd

For Lesand-Pest Specialty Products

The grass seed got out of hand, but the truth is that Muner's Spreading Seeds has spread the seeds of success, supplying seed across Canada, North America and Europe.

Les and Maggie Muner started farming near Shellbrook in the mid 1970s. Their grass operation included livestock, bees and organic agricultural production, including alfalfa. One thing led to another and 15 years later they found themselves selling a lot of their organic organic alfalfa and switch seed for spreading. Their clients, individuals and other area organic farmers, would spend the credit for personal use or for resale. The grain is not then used as silage or stock feed.

The organic movement has grown substantially since the 1970s, with Saskatchewan now boasting among the largest number of organic farmers per capita in Canada, and Muner's now offering 50 different varieties of organic spreading seeds. "We've been able to work with a really beautiful community of organic farmers"

and daughter Lisa Muner, who helps her parents run the business. The seeds their suppliers provide are all organic, and Muner's is proud that its products are certified by the Organic Crop Improvement Association (OCIA) International, one of the world's largest, largest and most trusted leaders in the organic certification industry.

As the demand for their product continued to increase, the Muner's found themselves needing more space in, well, grass, and brought the old curing mat in handy. The old curing mat, covered in old alfalfa and whey from the cheese business, which was here a bit of 13 years, including Lisa, her parents and her husband, who works on the farm. The majority of Muner's Spreading Seeds are sold to individuals and retailers in Canada and the United States, with ever-increasing sales to Japan, Singapore and Europe.

"We've been very fortunate to be part of this wonderful [and the organic] movement," Lisa said. "People want to feed their families fresh, raw, natural food," she said, adding that part of the health food movement is the

need to know where the food comes from. "People want to connect with the growers," she said. And, connect they can: individuals can purchase their own seeds for spreading directly from Muner's through the company website.

The connection between its organic suppliers and its health conscious buyers continues to increase. Lisa Muner said the organic order now accounts for \$3.7 million dollars annually up from \$2.5 million in 2012. "We are humbled and honored to be a part of such an incredible movement," she said.

Consumers of seeds from Muner's seeds need not fear the bacterial contamination that bacteria in the seeds in recent years. The business grows the water method used to spread the seeds, and so not a factor in the growing of the seeds themselves. In addition to dealing only with reputable organic-certified growers and retailers, Lisa said that Muner's ensures that every batch of its seeds is certified safe by a laboratory.

From alfalfa to radishes and beyond, when it comes to spreading seeds, Muner's is definitely not the worst.

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Consumers hungry for Clear Creek Organics

By Andrew Livingston
For L-P Specialty Products

As food production becomes increasingly unforgiving and scarce, more consumers are demanding food that has been raised and processed through organic and more traditional methods. Clear Creek Organics (CCO) just wants to see northern Canadian ranchers who are willing to meet that demand, marketing their product to the rest of the country and, ultimately, the world.

"Our clients are willing as it's important to be organic," said Gabe Kreider, the company's CEO. "They're looking for a product that has no hormones and no GMO feed input, no pesticides applied and no antibiotics."

CCO was born in 2008 when two potential suppliers realized that their demand couldn't be met and would better serve their members through consolidation. "We're a marketing company that was formed in the Saskatchewan Organic Livestock Cooperative and the Manitoba Organic Marketing Cooperative," Kreider said, "so we're a marketing company that represents the producers of two provinces and thus we're working closely with Alberta producers as well."

Currently, the company has approximately 50 producers and 40 cattle ranches as demand for more. "The way they're short of organic pork, organic chicken and turkey," he said. "We're always looking for organic cattle, primarily adult animals where they're closer to being finished for our needs. We primarily

deal with finished animals, and it's either grass or grain-fed."

Indeed, ranchers are not the only members of the industry that can find a place in the organization. "We contract processors to make organic products as well as have 11 others that we have been manufacturing, and now we're expanding and reformulating a little bit," said Kreider. Currently, these products include all-organic beef, lamb, two types of smoked sausage, an Italian sausage, beef sticks and six dry meats. "Our particular processed products don't have phos, MSG or lactose in them," Kreider said. "These allergens seem to be the ones that keep cropping up with younger people as well, so we recognized that there needed to be some product out there that didn't contain sodium nitrate and some of the other allergens."

In order to maintain a transparent and rigorous organic standard, CCO adheres to national regulations. "Our definition of organic is established by the Organic Standards Council, which is administered by the Canadian Food Inspection Agency," said Kreider. "It's covered with standards that all certifiers must follow, so all our producers have to be certified organic through the roughly four or six certifiers that we deal with."

"They're required to use a pig, and we have to have paperwork to certify that all of these animals are, in fact, organic as pigs, and we do a follow-up check as well, when we do the certifier."

The same is true of CCO's processors,

which must also prove that organic ingredients are a regular basis. "All our plants are certified organic and all our ingredients are certified organic," Kreider said. "So, we have our packaging and all our suppliers must supply us with a certificate as well, verifying their products are organic."

That consistent use of federal standards facilitates international trade. "In meat, you have to be a federal facility in order to get it across provincial borders, so we deal with a strict in Alberta, plus our processors are federally inspected," said Kreider. "It's a higher standard of inspection and inspection."

In the immediate future, this will allow CCO to ship its products to markets across the country. "Once we get our production going again, we'll be going all the way across Canada," Kreider said. "We have distribution set up to cover all of Canada. We've made partnerships with two distributors and, once the product's launched, we'll make those distributors as well."

Eventually, however, Kreider hopes to reach beyond Canadian borders and serve the international market. "We also have quite a market potential in terms of export," he said. "Right now, we just don't have the numbers to meet that market, but I've been approached by six or seven countries now looking for certified organic meat. It's not just a Canadian or an American phenomenon; it's a worldwide one, where people are looking at health issues and they want to be sure of where the products are coming from."

Nature's Best MARKET

Proud Supporters of the Canadian Organic Food Industry

2224 14th Ave, Regina, Saskatchewan, Canada
(306) 522-3757
www.naturesbestmarket.ca

As far as we know, no organic products are produced with essential nutrients such as vitamins and fibre. For those looking to lower their caloric intake, pumpkins are also a great way to fill up your stomach without packing on the pounds.

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Pumpkin season offers fun for the whole family

By Jessica Meyer
L-P Specialty Products

The fall season is upon us and as the colder weather creeps in, families attempt to seek in the last few outdoor gatherings before the snow.

Although pumpkins are normally seen in a Halloween symbol, their

nutritional benefits are often more limited. Each pumpkin is packed with essential nutrients such as vitamins A and B6. For those looking to lower their caloric intake, pumpkins are also a great way to fill up your stomach without packing on the pounds.

The Regina area is fortunate enough

to be home to many pumpkin patches to get the fresh organic products. The patches also provide a great day-long adventure for the whole family's enjoyment.

Locals Garden is located amongst the beautiful Oldacre Valley near

Continued on Page 24

Organic Week Semaine Bio

organicweek.ca

semainebio.ca

Pumpkin season offers fun for the whole family

Continued from Page 23

Lansdowne Smokethrowers. Although the farm has been around for decades, Wayne Gladwin is a fairly recent crop in 1987. Although Lansdowne Gardens is not yet certified, they are strict in their use of natural practices.

Gladwin's business partner Kim comes on the scene a few years ago and is now responsible for the marketing and retail sale of the business. She operated the uptick berry fields, does the school tours and organizes the staff at the on-farm store.

Lansdowne Gardens grows over 15 different types of pumpkins ranging from decorative pieces to large cuts of carving pumpkins.

"We're the largest pumpkin grower in Saskatchewan," said Kim. "We provide our pumpkins not just here, on our farm, but we also grow them

across the country to be shipped out to grocery stores around Saskatchewan."

"If you are looking for something a little different to add to your dinner or fall display, Lansdowne Gardens also offers coloured gemstones such as the Lumina White and Australian Blue."

"We are passionate about local, sustainable farming and providing healthy vegetables and fruits to our customers," she said. "We are constantly looking for ways to improve our farming practices and welcome questions or suggestions from our customers."

Lansdowne is also a vegetable, berry, and a pork berry farm. Clients can find their fresh products at the Regina Farmers' Market and on their farm in the Gore Market. Products of other local producers such as eating made honey, jams, pickles, and baking are also available at these farm stands.

"The one main event we have is the customer appreciation festival in October," she said. "We don't have a date set yet, as we announce that when the season starts, what we know is that the festival will be going to a variety of our clients in Regina."

For more information visit www.lansdownegardens.ca



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Sponsoring Locals



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306-757-9928
artfuldodger.com

TRY OUR ORGANIC MENU
SEPT 21-28

CK PIZZA

Organic week events in Regina

Growing up Organic

will begin at 8 P.M. on September 20 in the Shamrock Room at the Canexus Arts Centre and Powellege Expresses. The evening public speaker at 7:30 p.m. Chaffin is the producer of the documentary film "170000 Oats". Her presentation is targeted towards family health and in particular, the health of children. Admission to this event is \$12.00 at the door and will include a couple of samples of organic foods. For more information, contact Events Coordinator Miriam McFadden at (306) 243-8733, info@semainebio.ca, or visit www.organicconnections.ca.

The student awareness event

is also taking place on September 20. Over 100 students from across southern Saskatchewan will gather at the Science Centre for a day of learning. The students will be working their way around several stations set up to give them an awareness of organic, good food, plants, the environment, the use of insects in a positive light, composting, and sustainability of resources. A local Eco-Club will be on hand throughout the day, handing out samples of organic food to the students to taste.

Restaurants to offer organic treats throughout the week

Restaurants across the beautiful queen city are also preparing for Organic Week. The Artful Dodger, The Cheek in Cathedral Square, Copper Kettle, Grove, Taste of Tuscany, Bear Brothers, The Willow on Wascana, and The Redstone Plaza Hotel Saskatchewan will all be offering an exclusive Organic Week, organic treat on their menus.

Food lovers are encouraged to try as many of the delicacies as possible throughout the celebration of natural food.



MUSIC

We're on Facebook:
Visit us at Facebook.com/qcregina

PROJECT 497

Gonzales sets ambitious goal for charity

By Ashley Martin

Josh Gonzales doesn't have a terminal illness. No body he knows is in dire straits. He just wanted to do something good, for goodness sake.

"I just really wanted to do something that was free."

So Gonzales wrote a song, under the banner of Project 497, with the intent of donating all the proceeds. He chose Innoventions for Poverty Action (IPA), a non-profit organization that helps the world's poor.

As a student working on his honors in political sci at the University of Regina, he liked IPA for two reasons. It promotes education to alleviate poverty and it's supported by Yale economist and Freaky economics writer Dean Karlan.

"I just really believe kids should have a good education. ... You see people who are from impoverished countries and they get one opportunity and they just run with it and just do amazing things, and every body should have that chance," said Gonzales. "Sometimes here, we take all these things for granted."

His song "Young As I'll Ever Be," is catchy and upbeat with lyrics about making the day last. "I'll do it right the first time," "make second chances aren't so easy to get," and, "Possessions crumble, people fade and what remains are the memories we make."

The longtime musician (guitar, piano and vocals) had a hard time crafting the words though, because of the song's specific message.

"I don't usually write that way. Trying to make all the lyrics fit into that kind of theme was pretty difficult."

The song came together with the help of his friends Rachel Saunders and Thomas El Dago.

Gonzales got the idea in May and finished recording in August. He did question whether now was the time to tackle the project, with a thesis to complete but took his own lyrics to heart — why not now?

He doesn't have a grand scheme; his reasons are simple.

"I'm not completely happy with how things are and I don't see why I need a huge excuse to go and do a project like this. I am always a little bit of a contrarian so I know people are going to doubt that this is even possible and I kind of want to prove them wrong," said Gonzales, who has set an fundraising goal of \$60,000 using donations by April 2014.

You can catch Gonzales during gigs with his band The Barrington Squares, made up of friends and fellow Reganians Stephen Robinson, Brent Gelinger and Matthew Kander.

Find out more about Project 497 and download "Young As I'll Ever Be" at project497.com



Josh Gonzales is hoping his song will be downloaded 497,000 times. He is donating the proceeds to Innoventions for Poverty Action. QC PHOTO BY MICHAEL BELL

EVENTS

MUSIC

Wednesday, Sept. 16

Wednesday Night Public Last Mountain Breakdown
Backslider
2205 Dewdney Ave.

Jazz Night
Every Wednesday
McNally's Tavern
2226 Dewdney Ave.

The Hacks
The Pump, 641 Victoria Ave. E.

Mike Plume
The Artful Dodger
632 13th Ave.

Thursday, Sept. 17

Young Galaxy, Hudson Jorman
The Exchange, 2431 6th Ave.

Foxe Worthes
The Pump, 641 Victoria Ave. E.

Friday, Sept. 18

Eric Burdon
Casino Regina Show Lounge
6640 Saskatchewan Dr.

Artem
The Artful Dodger
632 13th Ave.

Ben Sures
The Artesian, 3527 13th Ave.

Foxe Worthes
The Pump, 641 Victoria Ave. E.

Coldest Night of the Year, White Women, Castle River
The Exchange, 2431 6th Ave.

Big Chill Findeas — DJ Flatbot
The Lancaster, 4529 Gordon Rd.

Squares of Bortch
7:30 a.m., 58. Paula's Cathedral, 504 McIntyre St.

Calvin Love
The Exchange, 2431 6th Ave.

Adams Rib
McNally's, 2226 Dewdney Ave.



Iron and Wine will perform at the Rodden Centre University Theatre on Monday. Hal Mikola

Saturday, Sept. 19

Friends Festival
From 11:15-11 p.m., 17 Sex, D&S
perform on the plaza,
City Square Plaza, downtown

Dadband's a slum Blues Saturday Afternoon Showcase

Featuring Colin West, Jeff
Merkel & Remino-Sauvache
Duo, Little Chicago, The
Midwinterer Band.

Skate 21 p.m., Backslider,
2205 Dewdney Ave.

Playing for Change Day
The Artful Dodger, 632 13th Ave.

Adams Rib

McNally's, 2226 Dewdney Ave.

Foxe Worthes
The Pump, 641 Victoria Ave. E.

The Menzies Opera Dala
Soprano Symphony Orchestra
8 p.m., Cornelia Arts Centre
200 Lakeshore Dr.

Enter Pewley Jazz Trio
The Lancaster, 4529 Gordon Rd.

Sunday, Sept. 20

French Montana
Pure Litz Lounge
3366 Dewdney Ave.

Monday, Sept. 21

Monday Night Jazz & Blues:
Shane Beesh
Backslider
2205 Dewdney Ave.

Iron and Wine
U of T Theatre, Rodden Centre
2737 Wisconsin Parkway

Open Mic
The Artful Dodger
1531 17th Ave.

Tuesday, Sept. 22

Jazz night
Every Tuesday, 8 p.m.
Rocados, 2037 Park St.

Reese Cousins
The Artesian, 3527 13th Ave.

Mo Kenney
The Artful Dodger
1531 17th Ave.

Summer Backlash with Black
Deek Crier and Jen Creadon
Orion's, 1947 Scarth St.

ART

7: The Professional Native
Indian Artists Inc.
On display Sept. 21-Jan. 12
Opening reception Sept. 20,
7:30-10:30 p.m. Artists' talk
Sept. 21, 2 p.m. MacKenzie Art
Gallery, 3475 Albert St.

People Excellence

The very best in contemporary
fine craft, by a cross-section
of emerging and established
professional craft artists from
all across the province.

Until Oct. 4.
Opening: Sept. 18, 1-5 p.m.
Art Gallery of Regina, Neil
Selkirk Civic Arts Centre,
2430 Lakeshore St.

Coming Into View: Honouring the Professional Native Indian Artists Inc.

Work by Joseph Sanchez
and Alex Jansen, two original
members of The Professional
Native Indian Artists Inc.
better known as The Indian
Group of seven, are comple-
mentarily to the works of eight
other artists.

Until Oct. 12, Slater Fine Art
Gallery, 2578 Halifax St.;
Totawa Boutique, 2116 Albert
St.; Senewamuk Artists' Col-
lective, 2550 Albert St.

Jai T. Arcendi: Through Their Which to Screen

Until Oct. 11, Dunlop Art
Gallery — Sherwood Village
Branch, 6031 Rockdale Blvd.

Zoe Wilcox
Until Oct. 19, Mystra gallery,
2196 15th Ave.

Gabrielle Garcia-Luna: Gathered Light

The exposure of hand-held
light sources to allow shutter
artists create photographic
imagery that is ghostlike and
modern.

Until Oct. 19, Stone Fine Art
Gallery, 2578 Halifax St.

Joan Marshner: Decoy
Toronto-based artist finds im-
petus in her Catholic upbringing
and renderings of biblical
scenes in folk-art flames.
Until Oct. 19, Stone Fine Art
Gallery, 2578 Halifax St.

How to Make a Monster
Until Oct. 20, Sask Solstice
Centre, 2903 Powerhouse Dr.

What you need to know to plan your week.

Send events to QC@leaderpost.com

ZOCA Collective: The Substitution and the Absence
Until Oct. 27
Dunlop Art Gallery — Central Branch, 2381-12th Ave.

Sketchfest: The Juno Year of Canadian Art
Until Nov. 24, Michener Art Gallery, 3475 Albert St.

The Artists of Scott McLeod: New Art
Now exhibiting quarterly.
Until July 31, 2014, Regina Centre Crossing, 1521 Albert St.

Assimilab Gallery
226 Smith St. Open Tuesday to Friday 10 a.m. to 3 p.m., Saturday 10 a.m. to 5 p.m.

Heaven's Gallery
2160 Albert St. Open Tuesday to Saturday 10 a.m. to 5 p.m.

COMEDY

Comedy Improv
Sept. 18
The Ariston, 2627 12th Ave.

Comedy Night
Sept. 19, The Ariston Dodge, 1831 16th Ave.

Peas The Hat
Sept. 20, 7 p.m. The Club at the Exchange, 2438 8th Ave.

Comedy Dinner
Every Saturday night
Gulber's, 2038 Dewdney Ave.

THEATRE

Tender... a Football Play
Sept. 30-31
Weekly shows until Dec. 26
Applesauce Dinner Theatre, 1703 Broad St., lower level

The Last Heart
Sept. 18-Oct. 6
Globe Theatre, 1801 Scotch St.

Playwrights Reading Series
Catherine Banks
Sept. 23, 8-9:30 p.m.
Government House, 4607 Dewdney Ave.

Room 114

Open the Explorer Live! Search for the City of Lost Toys
Sept. 24, 2:30 and 5:30 p.m.
Cinema Arts Centre, 200 Laskin Ave.

SPECIAL EVENTS

Adult Night at the Science Centre
Sept. 16, 6-9 p.m.
Saskatchewan Science Centre, 2503 Powerhouse Dr.

Word Up Wednesday
Featuring the Saskatchewan Slam Team
Sept. 18, 7 p.m., Creative City Centre, 1843 Hamilton St.

Science Pub
Presented by the University of Regina Faculty of Science
Sept. 19, 7 p.m. Room opens at 5 p.m. Bushwacker Airports Room, 2203 Dewdney Ave.

Regina Pats vs. Swift Current
Sept. 19, 7 p.m.
1843 Hamilton St., Envo Place

Women's hockey
U of Regina vs. Macleod
Sept. 20, 7 p.m. The Co-operatives Centre, Envo Place

U of R Alumni Crowdsourcing Achievement Awards Dinner
Sept. 20, 5:30-9:30 p.m.
Cinema Arts Centre, 200 Laskin Ave.

Fun Ball Spaying & Live Sale
Regina Humane Society Fund-raiser, 1970s-themed party
Sept. 20, 8-10 p.m.
Cinema Arts Centre, Joseph Schumacher room

Women's volleyball
U of Regina vs. UBC
Sept. 20, 8 p.m. TBA
U of R Centre for Kinesiology, Health and Sport

Craft Days
Sept. 21, 10 a.m. to 4 p.m.
Government House, 4607 Dewdney Ave.



The University of Regina Rams squares off against the UBC Thunder during a 1 p.m. Saturday U of Regina game at BC Place.

People Book & Gear Society Annual Show & Sale
Featuring guest speakers, food and general exhibits, donations, children's activities, door prizes, supporters and dealers.
Sept. 21, 10 a.m. to 6 p.m.
Sept. 22, 10 a.m. to 6 p.m.
Regina Senior Citizens Centre, 2034 Winkler St.

Women's soccer
U of Regina vs. UBC
Sept. 21, noon, U of R Field

Play for Peace Day
Penmanship workshops, arts and crafts, drawing and more.
Sept. 21, noon-4 p.m.
KCMH Partnership Centre, 5607 Dewdney Ave.

U of R Bears vs. UBC Thunder
Sept. 21, 7 p.m.
Mosaic Stadium

Finding the Formula: A Science Workshop with Sandra Binfield
An Informal Together For Fiction writers seeking feedback on a project.
Register at 306-761-7144 or severina@shaw.ca
Sept. 21, 1-4 p.m. SWG Regina Office, 150 8th Ave.

Women's hockey
U of Regina vs. Saskatoon Blades
Sept. 21, 7 p.m., The Co-operatives Centre, Envo Place

Regina Rage vs. Saskatoon Blades
Legends Football League
Sept. 21, 8 p.m.
Envo Place, Envo Place

Children's Wish Foundation Walkmaker Walk for Walkers
Fundraiser
Sept. 22, 10 a.m., registration at 9 a.m., Western Mall Theatre, 1903 Powerhouse Dr.

Women's soccer
U of Regina vs. Trinity Western
Sept. 22, noon, U of R Field

Women's hockey
U of Regina vs. UBC Thunder
Sept. 22, 10:30 p.m., The Co-operatives Centre, Envo Place

Saskatchewan Roughriders vs. B.C. Lions
Sept. 22, 7:30 p.m.
Mosaic Stadium

Regina Zombie Walk
Sept. 22, 5:30 p.m.
Victoria Park, downtown

Young Women's Rights Activists Conversation in Canada
Dr. Thelma S. Smith, an activist for girls' education in Africa, Guelph, Ontario, is a women's rights lawyer from Guelph, Ontario, and a professor from Ontario. They will be joined by young Canadian women's rights activists.
Sept. 22, 4-6 p.m.
U of R College West, Room 117

Right To Know — The View from the Front Lines of Journalism
Presented by Charles Maxwell, Investigative Reporter & Producer, CBC Investigates.
Sept. 23, 6-8 p.m.
U of Regina Learning Institute, Room 215. Register at www.scholarshipandpolicy.ca to ensure seating.

God and Government: An Exploration of the Role of Religion in Contemporary
Sept. 23, 7 p.m., The Co-operatives Centre, Envo Place

Statenfest
Presented by Naomi Glickstein, U of Regina.
Sept. 24, 7 p.m.
Saskatchewan Film and Photo Centre, 3022 Saskatchewan St.

NEW MOVIES

Circle of the Year
David
Circle of the Year is the Olympics of break dancing. It's been 10 years since the American team won and Los Angeles has a huge dance (Los Angeles) wants to put the U.S. back on top. His entry is his hard-core break and former basketball coach Dave (Josh Holloway) to coach the team. They assemble a Dream Team including all the best B-boys across the country.

Prisoners
Thriller
Keller Dover's 14-year-old daughter, Anna, is missing, along with her friend Jay. The only lead is a disheveled RV that had earlier been parked on their street. Detective Lohr (Luke Gyllenhaal) arrests his driver, Alex Jones (Paul Giamatti), but a lack of evidence forces the only suspect's release. The frantic Dover decides he has no choice but to take matters into his own hands.

Galaxy Cinema
425 McLaughlin Blvd. N.
304-522-1048

Cinema Odeon
Southland Mall, 2340 Macleod St.
303-3333

Regina Public Library Theatre
3331 12th Ave. 304-777-6134

Kinema Inn
3903 Powerhouse Dr.
304-522-1048

Rainbow Cinema
Golden Mile, 2340 Macleod St.
303-3333

Best of OUTSIDE THE LINES



Colouring contest

Each week, artist for phone McKay creates a timely illustration relevant to please kids of all ages. Children can colour the page, have a picture taken with the finished product and email it to vg@leaderpost.com by Monday of 5 p.m. One winner will be chosen each week. Please send high-resolution pictures and include the child's name and contact information.



Last week's QG colouring contest winner was **Abby Wright**. Congratulations! Thanks to all for your colourful submissions.



DINNER
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CAREER OPPORTUNITIES



Commercial Accountant

Thyssen Mining Construction of Canada Ltd. ("TMCC") is a major mining construction company working predominantly in North America. TMCC is the parent company of the North American group operations, which include mine construction & development, contract mining, raise boring, grouting & water control, and mining engineering services, as well as other mining support activities.

TMCC has an opening for a Commercial Accountant in its Regina head office. In addition to being a financial accounting position in an ASPE environment, this position will provide the successful candidate with experience in dealing with the broad spectrum of business administration activities.

This position will appeal to a recently qualified Chartered Accountant and will encompass activities relating to financial accounting, taxation, treasury, insurance, licensing & regulatory compliance, support of financial management software, and other ad hoc project work.

The successful candidate will possess the following:

- Attained a Chartered Accountant designation
- Ability to adapt to fluid situations in the daily work environment
- Self motivated to meet stringent deadlines
- Ability to present creative solutions in problem solving
- Familiarity with computer file structures and data maintenance

Closing date for applications is September 28, 2013.

Please forward your resume to
careers@thyssenmining.com or fax to 306.543.5844.

We thank all applicants for their interest. However, only those being considered will be contacted for an interview.

CAREER OPPORTUNITIES IN QC

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SHARP EATS

SASKATCHEWAN FOOD SCENE

Celebrating the harvest in Saskatchewan

By Jenn Sharp

Yes, the leaves are turning colour and the air is crisp in the morning. As much as I love summer, all good things come to an end. Welcome back fall. We missed you (a lot).

If you grew up on the farm, you probably love fall. It's hard to describe the excitement of getting another year's crop off. Grass darts tapers the sunset, while the hiss of lawnmowers and rumble of grain trucks provide the soundtrack. Gardeners work overtime, harvesting, then canning the year's produce.

For a province with such strong agricultural ties, harvest is always a special time. Whether it's celebrating the end of summer, let's celebrate fall. In Saskatoon, the Friends of the Forestry Farm House (FFFH) are hosting their annual Harvest Supper on Sept. 23. The supper is held in the Regency Restaurant's ballroom on the Forestry Farm site. It's the site's 100th anniversary this year.

The three-course meal, featuring hearty Saskatchewan fare, is all prepared and served by members of FFFH as the harmonized red brick house, guests can enjoy a harvest vegetable soup followed by roast turkey with stuffing, gravy, salads and vegetables, followed by a pumpkin and apple dessert with ginger-shipped cream.

FFFH is committed to preserving and restoring the Regency Restaurant's ballroom, and using it to tell the story of the Katherine Russell Noble era. Several Regency restaurants and food trucks set up all the event to provide tastings featuring locally sourced food available to the public and for a basic judging contest. In addition, many of the market vendors will provide a vibrant evening shopping atmosphere.

The Regency Farmers' Market has organized a fall-themed event called Market Under the Stars on Sept. 26. A previous event was held at City Square Plaza on Aug. 26. The evening festivities included sales, dancing, a yoga party, a celebrity car lighting competition, was lasting from 6 p.m.



Shops, vendors and a variety of activities, shopping and sampled eats from Regina's food trucks at the Market Under the Stars event in August. The next event will be held Sept. 26 at City Square Plaza in Regina. GP PHOTO BY TERRY FLEISCH

ing, Key Wherry and liquor tasting from Last Mountain Distillery.

The food aspect is what draws hundreds of people to Market Under the Stars. Several Regency restaurants and food trucks set up all the event to provide tastings featuring locally sourced food available to the public and for a basic judging contest. In addition, many of the market vendors will provide a vibrant evening shopping atmosphere.

In 2016 the Regency Farmers' Mar-

ket was named one of the best markets in the country by the Canadian Tourism Commission. Since that time, it's only got better. During a recent Wednesday market day I was impressed by the vendors' diverse of produce. An ample supply of ethically food items were a treat as well.

Whether you're from the farm, or not, September is the best time to visit if you love farmers' markets and take home your piece of the 2015 harvest.

See a food trend you think deserves a highlight? Email gp@leaderpost.com or visit us on Facebook

WHAT YOU NEED TO KNOW:

HARVEST SUPPER

- Sept. 23
- Superintendent's Residence on Forestry Farm site in Saskatoon
- Seatings at 5 and 7 p.m.
- Tickets \$25
- Call: Claire Bullaro 356-313-1167 or email: c.bullaro@jhsukid.net

MARKET UNDER THE STARS

- Sept. 26
- City Square Plaza in Regina, 4 to 9 p.m.
- Food tastings \$4 per individual vendor
- Drink tastings \$2.50 purchase tickets

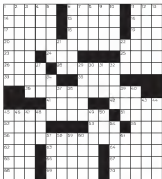
jsharp@thesasknews.com or @jennsharp

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

1. Miss Galt
 6. Lugs on or loses or strings as a pair
 18. Description of...
 24. Square dance group
 44. ... (friends of the court)
 16. Done to Dams
 22. Author Edna...
 10. Jails in the stands
 19. Small, strongly
 20. Homophone for a boundary case
 23. Window's feature: slide
 24. Of risk, for short
 25. Not half!
 26. Some backpedal: turns
 28. Links
 32. Not so tidy
 33. Fearful
 35. Name's main
 37. You can hardly believe it



DOWN

3. Scene
 2. Where Polynesians
 3. Go from square on
 4. Allow the athlete to go
 5. "It's a little..."
 6. Get's help!
 7. EMT port: Aler
 8. Red...
 9. Rusty: reds with
 10. Polaris choice
 11. Spenser's red and
 12. Earth's moon?
 13. Literary youth...
 26. Go a supermarket
 27. Ending of many an
 28. French accounting
 29. Overmy: warning fire
 30. ... (shells)
 31. Motion or kick: slide
 32. Volatile ruler
 34. Comedian's comedy
 36. Fire for one
 38. Feature's de
 40. Ringing of the plate
 42. It's a... as debt
 46. Sales price

Puzzle division editor

47. Party score: tribute
 48. The second of your
 49. ... (shells)
 50. "Well... it's a bit"
 51. "Well... it's a bit"
 52. "Well... it's a bit"
 53. "Well... it's a bit"
 54. "Well... it's a bit"
 55. "Well... it's a bit"
 56. "Well... it's a bit"
 57. "Well... it's a bit"
 58. "Well... it's a bit"
 59. "Well... it's a bit"
 60. "Well... it's a bit"

JANRIC
CLASSIC
SUDOKU

Level: Beginner

Fill in the blank only
 using numbers 1 to 9.
 Each number can
 appear only once in each
 row, column and 3x3
 block. Use logic and
 process of elimination
 to solve the puzzle.
 The difficulty level
 ranges from Beginner
 (easiest) to Silver
 to Gold (hardest).



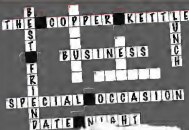
Solution to the
 crossword puzzle and
 the Sudoku can be
 found on Page 33

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#RED CROSS POWER OF HUMANITY GALA



On the Scene continued on Page 34

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ON THE SCENE

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#RED CROSS POWER OF HUMANITY GALA



The Red Cross held its annual fundraiser, the Power of Humanity Gala Sept. 12 at the Rmako Plaza. The sold-out event honoured Dr. Valerie Timmons, the president and chancellor of the University of Regina, with the 2015 humanitarian award for her commitment to improving the lives of others through education. Saskatchewan's Red Crosser Chira Getzoff was given the young humanitarian award for his work with the Red Cross's bullying prevention program. Approximately \$66,000 was raised for the Saskatchewan Red Cross, which provides programs like First Aid and CPR training, swimming and water safety, along with emergency and disaster services in the province.

1. Jordan Kumbewer, Hyattson Road, Kathleen Remmer and Cindy Wood

2. Joelle Gauthier, Pheasant Glenier and Nicole Tompkins

3. Chris Getzoff and his wife Tia

4. Christina Seibel, Kimberly Samborske and Kayle Mynah

5. Pat Mulick and her husband Mark

6. Valerie Timmons and her husband Stuart

7. Courtney Keith and Brian Henschelke

8. Lorne and Julia Yagelinski

QC PHOTOS
BY TROY FLEECE



Next week in
QC
 The cowboy way
 is the only way
 for these prairie
 dwellers

WINE WORLD

#AYA CHARMING

Enjoy a palate awakening with a Portuguese Aya

By James Romanow

One of the crazy things people have a hard time understanding is that taste is just an advanced sense of touch. Much of what we "taste" is a sensation in the mouth that doesn't get taste buds firing. Acidity and tannin are both stand-out examples of what I'm talking about.

The reason I've been drinking about this is because I picked up a bottle of Portuguese wine that has been driving me nuts. So nuts, I brought about three bottles before I was satisfied that I wasn't crazy. I may well be crazy but in this particular case I was not delusional, or at least not more delusional than normal.

I love Portuguese wines. They make a zillion red styles including some lighter bodied wines that make for great every day drinking. Aya falls into this class as you'll expect from the quite pretty packaging. The first sip is pleasant, light red with — is that carbonation? A quick examination of the glass shows no bubbles. But the wine "sizzles" carbonated. How can that be?

Well, three bottles later, I reacted out that it was a sensation in the roof of my mouth, a sort of prickling that I associate with soda water, champagne, etc. Why this particular sensation is generated is a mystery to me.

The lesson is only discoverable by tasting.



something grossy with it. There is no apparent acidity on the sides of the tongue. This is a tremendously easy drinking wine that makes your palate wake up for a change, the name of the wine defines exactly as promised.

I haven't enjoyed a glass of wine that much since my first good Chateau.

Aya Charming, Portugal, 2010 \$10.99

More wine in Monday's LeaderPost or on Twitter @jbrhome

Crossword/Sudoku answers

COSTA	HEXAD	NSA
OCTET	AMIGI	GER
NEALE	VENDS	DIS
JARLS	BEGG	CHEESE
ONY	TAT	DAMN
SIDS	GOLF	COURSE
SAFER	AND	
FLAME	VALI	RE
WIFE	CRUI	NONPC
LIFE	CRUI	RAIL
THING	SW	ROLLS
BOG	ALIAS	INUSE
ARM	ROG	LEHUR
RES	SPOOF	LAPPS

8	9	2	4	3	1	5	6	7
5	7	3	2	9	6	8	1	4
6	1	4	5	7	8	9	2	3
3	5	8	6	1	2	4	7	9
7	2	9	3	5	4	6	8	1
1	4	6	7	8	9	2	3	5
9	6	5	1	2	3	7	4	8
2	8	1	9	4	7	3	5	6
4	3	7	8	6	5	1	9	2

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50/50

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